

More Backwoods Recipes

This is a great excuse for Scouts and Scouters to experiment with various ways of cooking without utensils and have fun at the same time. All these recipes are tried and tested, and all are delicious. Finally, it must be stressed that all these recipes were tried on embers and not on high-flamed fire.

Some general rules

MEAT: Easily grilled, skewered or done on a spit.
VEGETABLES: Some can be cooked in their jackets (onions, potatoes, brinjals) or threaded on a skewer to make a kebab.
EGGS: Boiled in half an orange, onions, scooped out potatoes or skewered (very tricky!)
FISH: Wrapped in wet newspaper and placed directly on embers, tied to a green stick by the tail and stood up in the embers or done on a reflector.

POTATO EGG or ONION EGG – Cut a lid off the potato and scoop out as much of the pulp that will easily enable you to accommodate your egg. Place lid back on and fasten with a few tiny twigs. Place on embers and your egged potato or onioned egg will be ready in 20-30 minutes.

GRILLED BRINJAL OR EGGPLANT – Cut the brinjal in half and scoop out some of the seeds. Sprinkle with salt and pepper and place a small blob of butter or margarine in the hollow. Put halves in embers skin down. Cook until tender (about 15-20 minutes) and eat out of the hardened skin.

JAMAICA BANANA – Put a ripe unpeeled banana into the ashes of the fire and roast for about 25-30 minutes or until they look black. Rake out of fire – split down the middle – sprinkle with sugar and eat out of the skin with a spoon.

GRILLED CHOCOLATE BANANA – Take a banana and slice a fine opening along the peel of the skin. Carefully press in bits of chocolate (preferably chocolate flake). Put the bananas in the embers of a fire and cook for about 10-15 minutes. Rake out, peel open and eat with a spoon.

BAKED APPLES IN CLAY OR TINFOIL – Core apple and stuff centre with currants or dates or sultanas, butter. Wrap in greased tinfoil and place on the embers. Cook for 10-15 minutes. If clay is used, cook longer.

KEBABS – Can be made with many different ingredients – the main idea is that you put meat and vegetables in small pieces on a barked stick and grill them over the embers. They can be made even more delicious if you brush your kebabs with a mixture of oil and spices. A small tip here – use the very small onions normally used for bottling. Why not try a fish kebab? Warning, firm fish only should be used. Pork is not suitable for kebabs as it needs much longer to cook.

CHICKEN ON A STRING – You may know that you can roast a chicken on a spear over a fire, but the French have an idea where you don't even have to turn the chicken! You hang it on a string over the fire and the chicken will turn itself. (It's a good idea if you bind your chicken here and there to stop it crumbling off the carcass. Here is the method: Rub the whole chicken with margarine, sprinkle with salt inside and out. Now tie the chicken around the neck with a piece of string 1.5 m long and suspend from a tripod so it hangs 20-25 cm above the embers. If you can collect the drips of fat in a tinfoil 'saucer' this should be used for basting.

BUNDU MIELIE – Open husks and remove silk. Close husks round mealie and soak in water for 30 minutes. Cook on hot embers in husk on each side. Remove husks and eat.

TWIST BREAD – This is a classical recipe for making bread:

500g flour
2 tablespoons Sugar
1 teaspoon Salt
2 teaspoons Baking Powder
100ml Water
This is sufficient to make 3 portions.